POWERLIFTINGCAROLYN\ GIANTESS&DEMIGODDESS/ POWERTRAININGSWLENA✓

QUADRUPLE/CHRISTJESUS\K'NPO-SET√
Benchpress 3
*3@450lb.ShouLders(of choice) 3*3@100lb.
Overheadshrugs 3
*9@135poundsHeavy shrugs 3*9@450lb.
Quad-Set
HEELS 5
*20@2000 LB.ANKLE 5*20@2000 lb.
HEELS 5
*20@2000 LBCALVES 5*20@2000 lb.
Crossfit Work Out Of The Day
Wingchun√
American Kemnpo√
Taekwondo√
Ninjutsu-Kunoichi√
Boran Muay Thai√
875 Neck-Ups√
125 DoLphin Yogini Pushups@✓
PowerwaLking Between Exercises,Sets,& Repetitions•
Lowboxjump=√
Middleboxjumps°•
HighmiddLeboxjumps✓
Interject Race WaLking Between Exercises,Sets,& Repetitions√,Dynamics√,Statics√

This training session outlines an **advanced strength and conditioning routine** that blends powerlifting, quad-set calf work, diverse martial arts, and high-repetition conditioning for both maximal strength and muscular endurance. Each section targets a distinct system, integrating heavy compound lifts, high-volume lower-leg work, martial-

arts skill drills, neck and upper body calisthenics, and sustained cardiovascular movement.

Powerlifting Sets

- **Bench press:** 3 sets of 3 reps at 450 lb—this prescription targets maximal strength in an advanced athlete, likely supporting neural adaptation and absolute strength.
- **Shoulder press (choice):** 3 sets of 3 reps at 100 lb—heavy-focus option, ideal for developing overhead pressing power.
- **Overhead shrugs:** 3 sets of 9 reps at 135 lb—targets traps and shoulder stability for dynamic power.
- **Heavy shrugs:** 3 sets of 9 reps at 450 lb—develops upper-back and neck supporting musculature, crucial for postural endurance and combat sports.

Quadriceps and Lower-Leg Quad-Set

This is a **high-volume, high-load series** used for muscular endurance and strength in the calves, heels, and ankles:

Exercise	Sets x Reps	Weight
Heels	5 × 20	2000 lb
Ankles	5 × 20	2000 lb
Heels	5 × 20	2000 lb
Calves	5 × 20	2000 lb

This repeated quad-set is designed for elite lower-leg strength, likely with a machine-based approach for safety.

Martial Arts Circuit

This section is a **multi-disciplinary martial arts rotation**:

- Wing Chun (Chinese close-quarters system)
- American Kenpo (Westernized combative curriculum)
- Taekwondo (Korean striking-focused system)

- Ninjutsu-Kunoichi (Japanese stealth and dynamic movement)
- Boran Muay Thai (Thai historical striking techniques)

Each system in the rotation develops different motor patterns, skill sets, and tactical attributes.

Functional & Mobility Conditioning

- **Neck-Ups:** 875 repetitions—this high count is targeted at cervical endurance, beneficial for contact sports and resilient posture.
- **Dolphin Yogini Push-Ups:** 125 reps—a complex calisthenics move blending yoga and strength training for shoulder, core, and upper-body endurance.
- **Box Jumps (Low–Middle–High):** Progressive plyometric training for explosive lower-body power.

Cardio & Recovery Integration

- **Powerwalking and racewalking** between exercises, sets, and repetitions—this method sustains cardiovascular output, increases systemic work capacity, and aids recovery between max-effort sets.

Training Program Attributes

- Suitable only for highly advanced athletes (strength & martial arts training age: numerous years).
- Emphasizes **hybrid development**: maximal strength, muscular endurance, skill variety, and sustained cardiovascular work.
- The extensive quad-set and neck-up volume set this apart from conventional lifting programs, likely reflecting power–speed–durability priorities integral to martial/athletic performance.

This protocol delivers the benefits of **absolute strength, hypertrophy, skill acquisition, and cardiovascular conditioning** in one session, and demonstrates an elite-level, multidisciplinary approach to training not seen in typical bodybuilding or standard CrossFit protocols.